



Fresh for **YOU**

CalFresh helps thousands in Santa Cruz
and Monterey counties put food on the table.
But many more don't even know they qualify.
Are you one of them?



cal  fresh
BETTER FOOD FOR BETTER LIVING



Saying **Yes** to Healthy Foods, No to Hunger

Could CalFresh help you put food on the table? *by Brittany Wesely*

CalFresh helps individuals and families on limited incomes boost their food budget when affording enough to eat is tough. Formerly known as Food Stamps, CalFresh is a federal program for California residents that provides low-income individuals and families with money to purchase food.

In the counties of Monterey and Santa Cruz, more than 47 percent of eligible residents don't apply for CalFresh benefits.

There are many people in our communities — our neighbors, co-workers and friends — who rely on CalFresh to help put food on the table. In 2014, more than 10 percent of all residents in Monterey and Santa Cruz counties were empowered to have better nutrition thanks to CalFresh. But many people are eligible for CalFresh and don't realize it. In 2011, 3.4 million Californians were eligible for CalFresh but did not receive benefits. In the counties of Monterey and Santa Cruz, more than 47 percent of eligible residents don't apply for CalFresh benefits. That's a lot of people who may be struggling to afford food, but don't need to be. Could you be one of them?

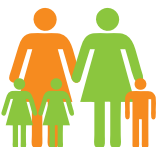
- Many qualify**
- Single adults, couples, homeless youth and families with children may receive CalFresh if they meet the income and residence requirements.
 - Adults may still receive CalFresh even if they have a job, car, home or a retirement account.
- Easy to use**
- Eligible households receive monthly payments on an electronic benefit transfer (EBT) card.
 - EBT cards look and work just like debit or credit cards. You simply swipe the cards at the cash register to pay, like any other purchase.

- Help you can count on**
- You can use your CalFresh benefits to purchase food, edible plants and seeds from participating grocery stores and farmers markets.
 - The average CalFresh benefit is \$151 per month.
 - Any money left over at the end of the month rolls over for use the next month. You can use your benefits anytime you need a little extra help making ends meet.



Since CalFresh dollars are spent locally, they not only help individuals and families in need, but also provide economic benefit to the whole community by supporting local businesses and increasing sales tax revenue to county and state budgets. By providing access to a nutritious diet for all, CalFresh prevents hunger and promotes the health of the entire community.

Are You Eligible?

A household of 1 person earning up to \$1,946/mo. 	Can get up to \$194/mo. for groceries	A household of 2 people earning up to \$2,622/mo. 	Can get up to \$357/mo. for groceries
A household of 3 people earning up to \$3,300/mo. 	Can get up to \$511/mo. for groceries	A household of 4 people earning up to \$3,976/mo. 	Can get up to \$649/mo. for groceries
A household of 5 people earning up to \$4,652/mo. 	Can get up to \$771/mo. for groceries	A household of 6 people earning up to \$5,330/mo. 	Can get up to \$925/mo. for groceries

Other qualifications

- CalFresh is available to U.S. citizens and most lawfully present immigrants who:
 - Have lived in the country for five years, or
 - Are receiving disability-related assistance or benefits, regardless of entry date
- If you do not personally qualify for CalFresh, other people in your household may still qualify for and receive these benefits.
- You can receive CalFresh benefits if you are also getting other forms of nutrition assistance, such as Women, Infants and Children (WIC) or food from a local food bank.
- Many people with criminal and felony records are still eligible for CalFresh benefits. Recently, the eligibility requirements were changed to also allow people with drug-related convictions to receive benefits.

Think you might be eligible?
To find out if you qualify for CalFresh benefits, contact your local CalFresh office today. See page 4 to find a CalFresh office near you.

CalFresh Helps the Whole Community

by Alyssa Noelle Rasmussen



Healthy Food for Families

Eulalia Manzano's 4-year-old loves vegetables. He also loves papaya, mandarins and his 4-month-old brother. Putting food on the table hasn't always been easy for Eulalia and her husband on their limited income, but having CalFresh benefits helps.

While Eulalia and her husband don't meet all the qualifications for CalFresh, their children do. Many families with mixed residency status don't realize they could be receiving CalFresh benefits, which can help parents provide healthy food for their growing kids.

"Without the program, it would be hard to provide food for my boys. It is a big help. With the program we can buy the best for our kids," Eulalia says.

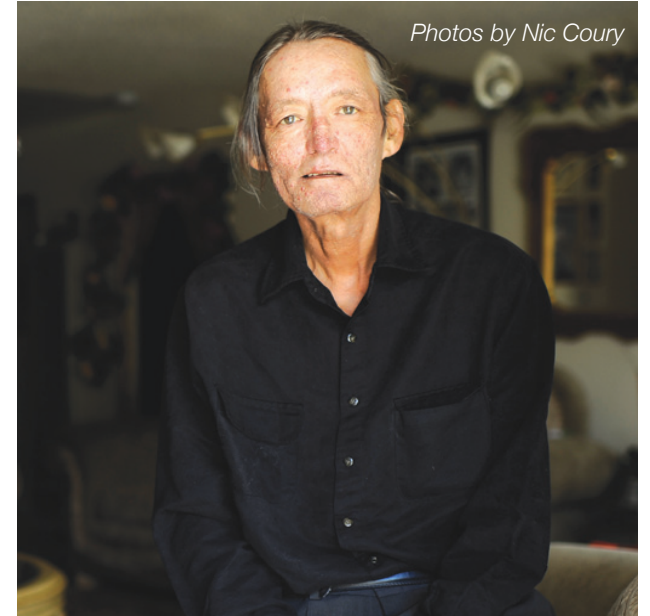


Making the Grade

Katherine Anne Siat is putting herself through a dual B.A. program at UC Santa Cruz. Though she has a part-time work study position at a nonprofit, and is receiving financial aid, money is tight. For some students, the expense of a university meal plan is out of reach, and high rent prices often leave little left over for nutritional foods on a student's limited income.

A co-worker told Katherine about the CalFresh program and walked her through the application steps. The benefits allow Katherine to save a little more for books and bills.

"Many students could probably qualify for it and don't know about it," she says. "I am comfortable admitting that I am not earning enough right now, and just getting the word out there to others is important to me."



Photos by Nic Coury

A Little Help Getting By

Years ago, construction worker Joel Rosales had a bad accident at his jobsite. He's been unable to work since. Due to the pain in his neck, shoulders, and previously fractured pelvis, he cannot stand very long.

Benefits like CalFresh have been his safety net through this difficult time. Joel is thankful for all the assistance he's received.

"When I could work, I did, and I would like to work now," Joel says. "For me, [CalFresh] is a blessing,"

CalFresh can help individuals make ends meet when times are tough. Many adults like Joel who have no children don't realize they can still qualify for CalFresh if they meet the income requirements. And benefits will never have to be paid back.

Did you know?

- Families are eligible for CalFresh if they **meet the income requirements** and are U.S. citizens or legal residents.
- If an individual does not meet CalFresh qualifications, other **household members may qualify** for and receive CalFresh benefits.
- For example, **children who are U.S. citizens or permanent residents** could still receive CalFresh benefits even if their parents do not have qualifying residency status.
- Applying for CalFresh is **confidential** and **will not impact your ability to become a lawful permanent resident or U.S. citizen.**

Did you know?

- **Part-time students** can qualify for CalFresh benefits, depending on their income.
- **Full-time students** may also qualify if they meet income requirements, in addition to one or more of the following criteria: have a job, participate in work study or have a dependent child.

Did you know?

- CalFresh is available to **all individuals** who meet income and residence requirements. You don't need to have children to be eligible.
- You can have a job and still be eligible.
- Adults with a **car, home or retirement** account can also qualify.
- If you qualify for CalFresh, you are most likely eligible for health coverage through Medi-Cal, too.

Putting Healthy Food on the Table

No one should go hungry. With the help of CalFresh, getting nourishing food is possible for low-income families and individuals. Now more people qualify for CalFresh than ever before. Think you might qualify? Get started today to see how CalFresh can help you.

How to apply

STEP 1

Submit application

Request an application for CalFresh benefits by phone, online, mail or in person from your local county office (locations at right). The application must be completed by an adult household member or an authorized representative. Complete as much of the application as possible and submit online, by mail or in person to your county's office. Your name, address and signature are required in order for the application to be accepted. In Santa Cruz County, you can also submit your application over the phone.

STEP 2

Interview

Once your application has been received, your local office will schedule an interview with you either by phone or in person.

What to have ready:

- Identification: valid driver's license or identification card
- For non-U.S. citizens: resident alien card or other proof of immigration status
- Proof of income: pay stubs, child support and benefits statements
- Proof of expenses: rent receipt or mortgage statement, utility bills, child care receipts and child support payments

STEP 3

Receive benefits

If you're determined eligible, your benefits will be issued to you within 30 days of your application date in the form of an electronic benefit transfer (EBT) card. Use the EBT card like a bank debit or credit card. Benefits are issued on a monthly basis.

Unused benefits will carry over to the next month. To check the balance on your EBT card, call 877-328-9677 or visit www.ebt.ca.gov.



A closer look at



More people **qualify** for and receive CalFresh than you might think. Here's a look at who received CalFresh benefits in 2014 in the counties of **Monterey** and **Santa Cruz**:

72,851 people



More than
10%
of all residents

Three out of every 10 children



4,554 adults age
60+

Apply Today!

Santa Cruz County:

www.MyBenefitsCalWIN.org

Santa Cruz County Human Services Customer Service Centers

Santa Cruz

1020 Emeline Ave.
Santa Cruz, CA 95060
888-421-8080

Watsonville

18 West Beach St.
Watsonville, CA 95076
888-421-8080



Monterey County:

www.c4yourself.com

Monterey County Community Benefits Offices

Salinas

1000 S. Main St., Suite 216
Salinas, CA 93901
866-323-1953

Seaside

1281 Broadway Ave.
Seaside, CA 93955
866-323-1953

King City

116 Broadway St.
King City, CA 93930
866-323-1953

